**Exercise:**  
Write a Java program that counts down from a given number (starting at 10) to 1 using a while loop. The program should print each number in the countdown.

**Hint:**

1. Declare and initialize an integer variable number to represent the starting point of the countdown.
2. Use a while loop to check if number is greater than or equal to 1.
3. Inside the loop, print the current value of number.
4. After printing, decrement number by 1 to continue the countdown.
5. The loop will stop once number is less than 1.

**Explanation:**  
This program demonstrates a simple countdown using a while loop:

* It initializes number to 10.
* The while loop runs as long as number is greater than or equal to 1.
* Inside the loop, it prints the value of number and then decrements number by 1.
* When number becomes less than 1, the loop ends, completing the countdown. This approach can be used whenever a repetitive task needs to be performed while a certain condition is true.